

Squash, bakedRev350

Number of Servings: 350 (150.41 g per serving)

Amount	Measure	Ingredient
112.00	lb	Squash, winter, fzn
7.00	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
7.00	Tbs	Spice, allspice, ground
7.00	Tbs	Salt, table

Nutrients per serving

Nutrition Facts	
Serving Size (150g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 140%	Vitamin C 10%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Acorn, buttercup, butternut, hubbard or other winter squash may be used.

Place frozen or partially defrosted squash in counter pans and add seasonings.

Bake at 350 degrees uncovered or loosely covered with foil until >160 degrees. Stir during baking to distribute hot product with cooler product.

Baking time will vary alot depending on amount of time squash has been allowed to defrost. When making for first time allow ample time to reach serving temperature.

Serve 2/3 cup = 1 vegetable serving

2/3 c serving = 1 1/2 Carb Serving

Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.